



# NIMITZ

## Family News



Volume 1

May/June 2003

Issue 2



**USS NIMITZ (CVN 68)  
COMMAND MASTER CHIEF  
LEE TURNER**

### Message from the Command Master Chief

As the first few months of the deployment have come and gone, please be assured that your Sailors are safe and doing a great job. Just so you know, we are aware of the concerns you have had for our safety during Operation Iraqi Freedom. You can be certain of one thing, NIMITZ/ CVW-11 Team, and the entire NIMITZ Strike Group are well trained and outfitted better than any military organization in the world. We are here to support our brothers and sisters on the ground and we take our mission very seriously.

I would like to take this opportunity to thank our Ombudsmen. Mrs. LeMaster, Mrs. Hemcher, Mrs. Glenn, and Mrs. Goudreau. They have done an outstanding job providing the command feedback on problems and issues you are experiencing on the home front. Not to mention all of the

fires they've put out since we left. Thank you!

Also, thank you and Bravo Zulu to Mrs. Hardman and Mrs. Clancy, along with Mrs. Gilman, and the entire Team NIMITZ Family Support Group for the giving of their time, effort and energy on behalf of our NIMITZ Families.

May is Military Appreciation Month and no one appreciates the meaning of family as much as the United States Navy and the USS NIMITZ crew. We thank all of you, yes, every single one of you, for standing strong and being faithful to your honorable and courageous men and women serving in the NIMITZ/ CVW-11 Team and the entire NIMITZ Strike Group. Until next time, our thoughts and prayers are with you all.

### Message from your Ombudsman Team

As our families live throughout the United States, please remember to put your area code before your number when paging the Ombudsman on duty.

Please remember your Ombudsman Team consists of spouses that live and work at the NIMITZ homeport of San Diego, California. Routine calls therefore will be returned during working hours in Pacific Time (see above).

Your USS NIMITZ Care Line is available 24 hours a day for up to date information from your Command, Command Ombudsmen, and Family Support Group (Team Nimitz).

The ship's schedule will never be placed on the Care Line. This is meant to protect the lives of our crew and ship.

When paging the duty Ombudsman, please keep in mind that routine calls will be returned within 24 hours of the page being received, between the hours of 9 am to 9 pm PST. A 911 page will be returned as soon as possible, and is meant for severe financial distress (unable to meet basic need requirements), and/or medical emergencies. Using a 911 page outside of these guidelines may result in the delay of assistance to someone with a true emergency.

USS NIMITZ Careline number is: 1800-600-NAVY(6289). Duty Ombudsman Pager 619-896-1600

**Duty Ombudsman E-mail**  
**ussnimitzombudsman@yahoo.com**

<i>Inside this issue:</i>	<i>Page</i>
<i>Message from CMC.....</i>	<i>1</i>
<i>Message from Ombudsman Team.....</i>	<i>1</i>
<i>What is an Ombudsman.....</i>	<i>2</i>
<i>Emotional Cycles of Deployment Part II.....</i>	<i>2</i>
<i>Team NIMITZ News.....</i>	<i>2,3</i>
<i>Our NIMITZ Children.....</i>	<i>4</i>
<i>If Daddy Says Good-bye</i>	
<i>100 Day Beach Party.....</i>	<i>4</i>

**Ombudsman NIMITZ Careline 1-800-600-NAVY**

■■■■■■■■■■	nimitzombudsman2@yahoo.com
■■■■■■■■■■	nimitzombudsman3@yahoo.com
■■■■■■■■■■	nimitzombudsman4@yahoo.com
■■■■■■■■■■	nimitzombudsman5@yahoo.com

## What is an Ombudsman?

An Ombudsman is the spouse or other family member of a NIMITZ crewmember who has volunteered his/her time and effort to guiding other families through various problems that may arise. Please note: the Ombudsmen will not solve the problem for you, but may be able to point you in the right direction to help you solve the problem.

Navy family Ombudsmen are valuable assets in facilitating communication between the Commanding Officer and family members, fostering a better understanding of the needs and viewpoints of the crew and their families by providing information and assistance to family members within the command.

Ombudsmen fulfill the following roles: 1. Serve as the primary link/liaison between NIMITZ families and the command. 2. Serve as the primary communicator of information between the command and command families.

Ombudsmen also perform the following functions: 1. Provide information and outreach to command family members. 2. Interact and cooperate with organizations and military offices such as Family Service Centers, chaplain's office, medical treatment facilities, Navy-Marine Corps Relief Society, American Red Cross, and

legal assistance offices. These organizations are valuable resources in obtaining assistance for command family members. 3. Refer individuals in need of professional assistance to appropriate resources. Ombudsmen may provide support to individuals and refer them for counseling. Counseling is not provided by Ombudsmen.

Act as an advocate for command family members. Ombudsmen, by using their knowledge of the system, can help access the appropriate level of chain of command for intervention and for the forwarding of appropriate requests/grievances while exercising confidentiality.

If you are a spouse or family member of a NIMITZ crewmember and need assistance, you may contact one of the ombudsmen using the email address or toll free phone number listed on the front page of this newsletter.

Source : USS NIMITZ Homepage / submenu Family Support - [www.navy.mil/homepages/cvn68](http://www.navy.mil/homepages/cvn68)

"Ombudsmen will not solve the problem for you, but may be able to point you in the right direction to help you solve the problem."

## Emotional Cycle of Deployment

Deployments evoke a variety of reactions, but many families experience a fairly predictable cycle of emotions: increased anxiety or stress as a deployment approaches; adjustment after a command deploys; and renewed, though positive, stress during reunion. These three phases are followed by a period of readjustment.

In each phase of the cycle, different emotions or reactions will take place. Listed here are some normal reactions and feelings you may have during the deployment along with some suggestions as to how to make the deployment a little easier to bear.

### Deployment Phase

**Relieved** - "Things were so tense before; I'm glad it's finally over. Now we can get on with our lives and start the countdown to reunion.

**Anxious** - "Can I make it? Will my family be alright? What's going to go wrong?"

**Frustration** - "It's happening and there is nothing I can do about it."

**Guilt** - "How could I leave him/her?"  
Suggestions for the deployment phase

### For those at home

- \* Find a support system - friends, church, other spouses
- \* Find employment or return to school.
- \* Participate in the Family Support Group
- \* Write long letters to your Sailor.
- \* Keep physically fit.
- \* Volunteer in your local community

Source: USS NIMITZ  
Pre-Deployment Handbook

## Local Resources

**Navy-Marine Corps Relief Society (NMCRS)** The Navy-Marine Corps Relief Society is a nonprofit, charitable organization that provides financial, educational, and other assistance to members of the Naval Services of the United States, and their eligible family members and survivors, when in need. To do this, counseling, loans, grants, various services, and referral to other community resources are available. There are no fees for such help. Volunteers are always needed. To contact NMCRS North Island call: (619) 545-7202. NMCRS Naval Station, San Diego: (619) 238-1587 Website: [www.nmcrs.org](http://www.nmcrs.org)

### Military Outreach Ministries (MOM)

(Formerly known as Military Parish Visitors) Active duty military families are eligible for emergency food, diapers and transportation to medical and WIC appointments. Baby and household items and children's clothing available. Women's craft groups, fresh food distributed monthly. All services are free and confidential. Volunteer Opportunities: Craft, Food Ministries and Warehouse work. Call Debe Finch at (619) 442 7847 in the Mid-County area or Aline Bradley at (619) 482 0109 in the South County area.

### Fleet & Family Support Center San Diego (formerly FSC)

Be sure to check out their web page [www.cnrsw.navy.mil/fsc/fsc.htm](http://www.cnrsw.navy.mil/fsc/fsc.htm) to access FFSC workshop schedule/descriptions, informative articles, resources on the Internet, volunteer opportunities, command programs, location information and much more.

### American Red Cross

In an emergency involving personnel or their family members, Red Cross is a means by which families can communicate. The Commanding officer determines if an emergency is serious enough to warrant the service member's return home. He uses Red Cross messages to verify the situation. To contact the Red Cross, please see your local phone listings. Website: [www.redcross.org](http://www.redcross.org)

### Navy Legal Services Office

Legal Services available for personnel and spouses include the following, although Navy Legal cannot provide presentation in civilian court.

*continued on page 3*



- Wills
- Living Wills
- Power of Attorneys
- Notary Services
- Consumer/Contract Issues

Contact the Navy Legal Services Office,  
Naval Station San Diego (619) 556-2211.

## Local Support Groups and Services

### *Deployed Spouse Support Group at NAB Chapel.*

The FFSC has started a new "Support Group for Spouses of Deployed Service Members" at Naval Amphibious Base (NAB) Chapel, Bldg 154. The group will meet every Wednesday, from 930 a.m. to 11:00 a.m., and will be facilitated by an FFSC Licensed Therapist. For more information, including registration information and directions to the NAB Chapel, please call FFSC NASNI at (619) 545-6071.

### *Deployed Spouse Support Group at FFSC 32nd Street.*

The FFSC also offers an ongoing "Support Group for Spouses of Deployed Service Members" each Tuesday at the Fleet and Family Support Center, Building 259, 32nd Street. For more information, including schedule, times, registration and childcare information please call FFSC NBSD at (619) 556-7404.

### *Counseling Services at Murphy Canyon Chapel, 3200 Santo Road.*

Walk-ins and appointments available. From 8 a.m. - 5 p.m. each Friday, an FFSC licensed counselor will be at the Murphy Canyon Chapel to see clients with appointments, or on a walk-in basis. We will also have an Information & Referral Specialist for part of each Friday, to answer questions about local resources, relocation, and the Exceptional Family Member Program. Call (619) 556-7404 for more information.

### *Graphics and Drafting Support by:*

DM1(SW/AW) E. D. Devera  
DeveraE@nimitz.navy.mil

## Mother's Day

May is the month we celebrate Mothers Day. For many, Mom may be deployed, or Mom may be home without Dad. Here are some great ideas of how to cheer Mom up no matter where she is.

Things you can do to CHEER UP Mom for Mothers Day - May 11th

- \* Do your chores without being told
- \* Write a letter to Mom or Dad that is deployed
- \* Write a letter or draw a picture for Mom or Dad (at home with you)
- \* Videotape one of your best songs, and best jokes, if they are deployed
- \* Make Mom or Dad breakfast in bed if they are home with you
- \* Get up on time and / or go to bed on time
- \* TELL THEM YOU LOVE THEM!

## Activity Jar

Need a fun thing to do with Mom or Dad while waiting for someone to come back from deployment?

- \* Get a large jar and decorate it any way you want
- \* Ask Mom or Dad to write activities on slips of paper like a trip to McDonalds, baking cookies, or a favorite meal
- \* Put all the slips of paper into the jar and every week or special occasions, you and Mom or Dad can choose a surprise activity.



## Kids Can Help Out Around the House

You're never too old or too young to help around the house when Mom or Dad is deployed. You're a part of the team that is helping out while one of your parents is deployed. Here are some ideas that everyone can do.

### 3's and 4's

- \* put away toys
- \* dust
- \* feed the pets
- \* empty the small waste baskets
- \* small snacks

### 7's, 8's, and 9's

- \* clean the bathroom
- \* wash clothes if allowed
- \* children
- \* vacuum

### 5's and 6's

- \* make your bed
- \* tidy up the room
- \* set the table
- \* make sandwiches or
- \* help with clean-up
- \* fold clothes

### 10's, 11's, and 12's

- \* wash the car
- \* entertain the younger
- \* fix simple meals
- \* clean up the house

**Reference :** Daddy's Days Away - A Deployment Activity Book for Parents & Children - USMC

## ***Our NIMITZ Children***

"It's a Jungle out there.... Swing into your Library!" Join the Summer Reading Club at the Central Library, June 15 - August 15 - All programs FREE! Monday, June 16 at 10:30 am and 11:30 am Summer Reading Kick-Off Party Jungle Jive Band! Join the Summer Reading Club and listen to some wild music. For all ages. Information and Reservations call 619-236-5938  
Source: The San Diego Public Library

*His soul will whisper these words to the wind.  
I will always love you no matter where I go.  
I am part of you and you are part of me.  
That's something I'll always know.  
Try not to worry, don't be sad.  
You'll always be my baby  
And I will always be your dad.*



## ***If Daddy Says Good-bye***

*by Kathleen Iversen*

*All daddies are special in their own way.  
Some daddies ride tractors and work on a farm.  
Some daddies drive fire trucks and sound the alarm.  
Some daddies are great chefs and can make dessert.  
Some daddies play the bagpipes and wear a plaid skirt.  
Daddies can do a lot of things.  
What does your daddy do?  
Some daddies drive noisy tanks that growl and grumble.  
Some daddies fly jet planes that roar and rumble.  
Some daddies hike in forests that are dark and damp.  
Some daddies march in boots that stomp and stamp.  
These daddies wear green and are in the Army or Marines.  
There are daddies in the Navy, Coast Guard and Air Force too.  
They fly planes and sail across the oceans and skies of blue.  
They all work hard keeping our great country safe and serene.  
Some daddies have to leave home and go far away.  
That's how they care for you, in their own special way.  
If your daddy leaves and he kisses you good-bye,  
Remember these words and dry the tears from you eyes.  
When your daddy leaves and the two of you are apart  
He places a tiny little picture of you in his heart.  
Everyday no matter where he is,*

### ***100 Day Beach Party Scheduled For June 21st!***

*It is time to celebrate the passing of 100 days of deployment! We have come such a long way, and therefore it is time to get our families together and congratulate one another in getting this far!*

*We will be holding our 100-Day Beach Party at Breakers Beach at Naval Air Station North Island from 1 p.m. to 7 p.m. on Saturday, June 21st. Admission is free and is open to all military family members of the NIMITZ and her squadrons. We will be providing food, raffles, children's activities, and enough fun to fill the whole afternoon! It will be necessary to RSVP (with your full name and phone number) to [teamnimitz@yahoo.com](mailto:teamnimitz@yahoo.com) by the end of the day on June 1st to make sure there will be enough food for everyone. More details will be provided closer to the event on the NIMITZ Care Line at 1-800-600-NAVY. We look forward to seeing you there!*

*Additionally, please remember to come to the Team Nimitz meetings at the Murphy Canyon Chapel the second Tuesday of every month at 6:30 p.m. These meetings are fun as well as informative, and are a great source of support. Childcare is provided (from 6:15 to 8:15 only) at the cost of \$3 per child and spaces must be reserved by e-mailing your request to [teamnimitz@yahoo.com](mailto:teamnimitz@yahoo.com).*

*June's meeting will be held on June 10th at the Murphy Canyon Chapel, and our guest speaker will be Mike Smith, Command Financial Specialist, FFSC NASNI, who will providing valuable information about reading and understanding a service member's LES (Leave and Earning Statement), extra pay entitlements, and benefits. This is good information for everyone, no matter how long you have been part of a Navy family.*

*Stay tuned for more new and exciting activities to follow in the coming months! Best wishes to you all, and we look forward to seeing you at our Team Nimitz meetings!*

***Congratulations on making through 100 days!***